

**Dietary Fat Stages of Change Algorithm for Adults<sup>1</sup>**  
(use algorithm with Diet Assessment form)

**Step 1.** Assess behavioral intentions.

Question # 1 (consistently avoid fat)

- |                                    |   |                  |
|------------------------------------|---|------------------|
| “No, do not intend to in 6 months” | = | Precontemplation |
| “No, but I intend to in 6 months”  | = | Contemplation    |
| “No, but I intend to in 30 days”   | = | Preparation      |

**Step 2.** Test to see if subjects who perceive they are avoiding high fat foods meet the criterion for effective action. *Note: This is only for subjects failing to be classified in Step 1 because they answered Question # 1 (consistently avoid fat) “Yes, less than 6 months” or “Yes, more than 6 months.”*

a) i. Question # 6 (intend to change to answer all 5 Q. Yes)  
“I answered all 5 questions Yes”

ii. Question # 1 (consistently avoid fat)

“Yes, less than 6 months” = Action

“Yes, more than 6 months” = Maintenance

b) i. If a) i. above is NOT “I answered all 5 questions Yes” then use an external measure to assess percent of energy from fat (if an external measure does not exist, just use the 5 questions and skip Step 2. b). If the external measure  $\leq 30\%$  kcal fat go to b) ii.

ii. Question # 1 (consistently avoid fat)

“Yes, less than 6 months” = Action

“Yes, more than 6 months” = Maintenance

**Step 3.** Classify subjects failing to meet the criterion for effective action who perceive that they are avoiding high fat foods. *Note: Step 3 is only for subjects who both answer question # 1 “Yes, less than 6 months” or “Yes, more than 6 months” and who fail to meet the action criterion in either Step 2 a) or b) and remain unclassified after Step 2.*

Question # 6 (intend to change to answer all 5 Q. Yes).

“No and I do not intend to in 6 months” = Precontemplation

“Yes, and I intend to in 6 months” = Contemplation

“Yes, and I intend to in 30 days” = Preparation

<sup>1</sup>Greene, et al. (1999) Dietary applications of the Stages of Change Model. Journal of the American Dietetic Association, 99, 673-78.